

**ZAP ASTHMA
CLEANING GUIDELINES DEVELOPMENT GROUP
RECOMMENDATIONS
December 2 - 3, 1998**

Mites/Dust

1. Encase pillows and mattresses in allergen-impermeable covers.
Clean covers quarterly, following manufacturer's instructions.
2. Launder sheets weekly.
3. Launder blankets, comforters, mattress pads at least quarterly (more often if someone is severely allergic to dust mites).
4. Decrease clutter.
5. Vacuum carpet and upholstery weekly.
Damp mop hard surfaces floors weekly.
6. Remove pets from household (ideal) and bedroom (essential).
7. Use a microfilter on central furnace outlets (ideal) or on bedroom vents.
8. Dust hard surfaces weekly, using products formulated for the specific surfaces.
9. Use chemicals formulated to kill dust mites, following manufacturer's instructions.

Cockroaches

1. Reinforce the medical/asthma link of roaches. Include a lifecycle "know the roach" fact sheet or magnet.

Cockroach Control

1. Remove food or water sources at night – every crumb and drop counts.
2. Remove clutter (paper bags, newspapers, etc.) to limit places where roaches can live.
3. Control roaches with multiple strategies, including:
 - baits - use according to label directions as required
 - traps - use according to label directions
 - powders - use in out-of-sight areas
 - vacuum - use a hose model with a double wall bag. Seal, remove, and dispose of bag.
 - no sonic boxes

Allergen Removal

1. Clean up all visible roach debris or evidence of roach parts or droppings:
 - for loose debris, vacuum or sweep
 - for roach "specks," use hot water and cleaning solution and rags
 - change rags and cleaning solution frequently to avoid spreading cockroach allergens

Mold/Mildew

1. Vacuum carpets and floors.
2. Remove carpet from bedroom.
3. Remove condensation/liquids/moisture/liquids from windows and floors.
4. Wipe down shower walls after bathing or showering.
5. Provide good air circulation/ventilation behind furniture.
6. Loosely hang wet clothes, towels and bath mats to dry.
7. Keep areas under sinks and other high moisture areas dry.
8. Open doors/windows/run fan in bathroom after showering. Run for 10 minutes in winter, longer in summer.
9. Store dirty clothes away from sleeping areas.
10. Avoid food and drink in sleeping areas. Promptly clean up food in all areas.
11. Clean up any visible signs of mold and mildew.
12. Repair leaks immediately.

Need suggested list of cleaning materials and recommendations for use.